



# McLean CONNECTION

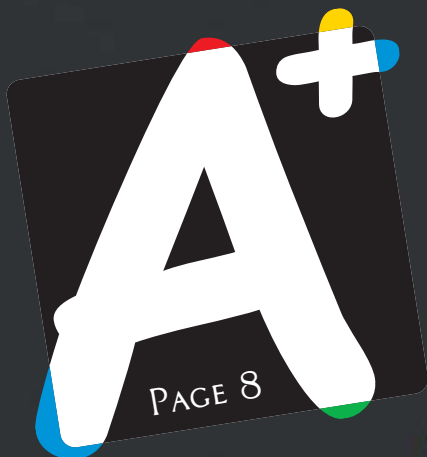
## McLean, Langley High Students Win Cappies Awards

ENTERTAINMENT, PAGE 10

The Bill Strauss Graduating Critic went to Gillian Wright of McLean High School.

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PHOTO BY STEVE HIBBARD/THE CONNECTION

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There's nothing else quite like this magnificent, brand new 2500-square-foot condominium home that occupies the entire terrace level of The Overlook at Lansdowne Woods. From the waterfront patio and huge windows with their enticing panoramas - to the private elevator, gallery space, fireplace, 3 bedrooms and 3 baths, this home features

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## Crisis Link, Text and Turning Point

**McLean-based nonprofit provides services and engagement during crises.**

BY KEN MOORE  
THE CONNECTION

**C**aryline Kelly, 27, will earn her graduate degree in mental health counseling this summer. Kelly is a recovery support specialist with Psychiatric Rehabilitation Services, headquartered in McLean.

“When you truly believe that you don’t matter and you truly believe for so long that your family and friends would be better without you, it’s hard to describe that pain. It’s not something I would want anybody to feel,” said Kelly.

“It took me awhile to really buy into therapy, I’m not going to lie, I think I was like, ‘I’m okay, nothing is wrong with me, I’m fine.’ But I wasn’t.”

“I did a lot of work to get where I am now,” she said. “I put a lot of effort into it, so I’m proud of myself for it and it’s just a great feeling to be able to share that with people and hopefully inspire, maybe, just one person to also do that.”

She wants other teens and young adults to know there is hope.

“I think it’s really important if you’re going through something to talk to somebody. A trained professional, a friend, somebody, because there is help out there,” she said.

“I’d want them to know that even though you may think, ‘No one understands what I’m going through,’ that ‘Nobody else has been through this,’ or ‘Nobody wants to hear what I’m going through,’ that there are people who care,” she said. “In this area especially there is a wide variety of helpful services that you can utilize.”

**PRS LAUNCHED** its CrisisText Connect in June 2014 in an effort to reach individuals in crisis or who require suicide intervention who would not otherwise call a crisis hotline.

Text “Connect” to 85511 or call the CrisisLink hotline at 703-527-4077, 1-800-273-TALK, or 1-800-SUICIDE.

Last year, staff and volunteers handled nearly 40,000 crisis calls, 5,600 text conversations, and more than 250,000 text messages in its first year.

The crisis text program was created in response to the way younger people communicate. Most of texts come right after the school day ends.

“It’s kind of important for us to figure out how to reach these young people,” said Tom Schuplin, director of special projects. “They



PHOTO BY KEN MOORE/THE CONNECTION

**Caryline Kelly, Wendy Gradison of Vienna, and Tom Schuplin, of Alexandria, work with the McLean-based nonprofit PRS to help individuals facing life crises or mental illness.**

### More about PRS

PRS is a McLean-based nonprofit helping those living with serious mental health issues and anyone who faces life crises achieve independence and self-sufficiency. PRS operates in Northern Virginia and D.C. It provides clients with skill training and support to help them recover and rebuild their lives through programs such as: Recovery Academy Day Programs, Community Support Services, Employment Services and Community Housing. See [www.prsinc.org](http://www.prsinc.org).

PRS operates CrisisLink — a 24/7 phone and text line for crisis and suicide prevention. Call 703-527-4077, 1-800-273-TALK, or 1-800-SUICIDE. Or text “Connect” to 85511.

### More about CSB

The Fairfax-Falls Church Community Services Board (CSB) provides and coordinates a community-wide system of support and services for individuals and families in Fairfax County and the cities of Fairfax and Falls Church who are affected by mental illness, substance use disorders, serious emotional disturbance, developmental delay, and intellectual disability. CSB is one of 40 such entities in the Commonwealth of Virginia and operates as an agency of the Fairfax County government. [www.fairfaxcounty.gov/CSB](http://www.fairfaxcounty.gov/CSB)

### Need Help?

If you or someone you care about is experiencing a psychiatric emergency, call CSB Emergency Services, available 24/7, 365 days a year, at 703-573-5679. If the emergency is life-threatening, call 911.

may be reticent to pick up a phone call, hotline, but they may be out in a park with their cell phone, feeling depressed or feeling suicidal and they can text us wherever they are. It improves their access to the services they need, that’s the key, we want to be able to reach the people who need our services.”

**NEARLY ONE IN FIVE** adults, according to the National Institute of Mental Health, is affected by mental illness.

According to the National Alliance on Mental Illness, 20 percent of youth between the ages of 13 and 18 have or will have a serious mental illness; 50 percent of all lifetime cases of mental illness begin by age 14; and 75 percent begin by age 24.

PRS partnered with Fairfax-Falls Church Community Services Board to develop the Turning Point program, [www.turningpointscsc.org](http://www.turningpointscsc.org), a coordinated specialty care program that serves adolescents and young adults who are experiencing first psychotic episodes.

“Serious mental illness often makes an appearance during the teen years,” said Wendy Gradison, CEO and president of PRS. “If we can help them early—through a coordinated approach—these young people have a much better chance of recovering their lives.”

“They’ve been falling through the cracks. They don’t necessarily fit into traditional mental health services yet they are having emerging illnesses and it’s very disruptive

to their lives and their families lives,” said Schuplin, of Alexandria. “Many are off to college when they first become ill. College doesn’t seem to know how to deal with it, and sends them back home. They go to see a psychiatrist and things don’t necessarily get better.”

Data shows that working with families helps reduce relapse rates, improve recovery outcomes and increase overall family well-being, according to PRS.

“That’s what these programs are all about, to try to lessen that duration of untreated psychosis, put in an effective treatment regimen in place so that we’re not seeing the level of impairment that often occurs with psychotic disorders,” said Schuplin.

The program is designed to last for two years of intensive services and fade out as individuals other community supports in the community with relapse prevention programs in place.

“We’re already seeing some really remarkable outcomes of people going to work, going back to school and beginning to stabilize and their families beginning to understand what is going on with them so they can be the supports,” said Schuplin.

To learn more about Turning Point, call 703-559-3000 or visit [www.turningpointcsc.org](http://www.turningpointcsc.org).

**UNTREATED PSYCHOSIS** has been intensively researched, said Schuplin.

“In the United States they are looking at what’s called the duration of untreated psychosis,” he said.

“As an individual has repeated experiences of psychosis, their functioning begins to fall off. They become less able to return to the level they were at, they are less able to return to work, or back to school and the impairment begins to take hold and that’s a really real concern,” he said.

Schuplin is the director of PRS Recovery Academy, which provides a curriculum-based day program that promotes meaningful community alternatives such as work, volunteering and school.

“It’s really really exciting work and it’s going to expand,” he said.

PRS has additional programs including community housing, community support services, and employment services.

“There is nothing more impactful than seeing the changes when someone who is living with mental illness who really thought they could never do anything more than make it through the day gets a job,” said Gradison, of Vienna. “You watch them, you watch the spring in their step, the pride they experience, the valued role they now have in their community,” she said. “To me there is nothing more meaningful or rewarding to me as a practitioner to see the dramatic changes, the life transforming changes that happen to our clients as a result from the work that we do.”

See [www.prsinc.org](http://www.prsinc.org)

## Is An Open Floor Plan Home Right For You?



While open floor plans may not be for everyone, they are certainly the trend in today's home remodels. Here are some of the benefits of an open floor plan home and why they are so popular with young families and seniors alike.

**Lots of Natural Light** – With less walls and doors, your home will be basking in natural sunlight.

**Great for Entertaining** – Open floor plans in the home always bring one thing to my mind, parties!

**Fewer Walls Mean Less Decorating** – With less wall space, you can keep things simple and streamlined.

**Accessibility** – Open floor plans are ideal for those in a wheelchair or walker.

**Kid Friendly** – With fewer hiding spots for your kids, open floor plans make it easy for you to keep an eye on the little ones from nearly every room.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build

team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications. Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.

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**THE CONNECTION**  
NEWSPAPERS

## NEWS

# 2016 Lord and Lady Fairfax Honorees Selected

BY STEVE HIBBARD  
THE CONNECTION

**C**elebrate Fairfax, Inc. named the 2016 Lords and Ladies Fairfax at the Board of Supervisors meeting on Tuesday, June 7 at the Fairfax County Government Center.

“We’re proud to honor the 2016 Lords and Ladies Fairfax. Since 1984, each supervisor has selected a Lord and Lady to represent their district. Each honoree dedicates time to the betterment of their community,” said Board of Supervisors Chairman Sharon Bulova.

Each year the Fairfax County Board of Supervisors selects two people from each district who have demonstrated superior volunteer service, heroism, or other special accomplishments to receive the award.

Later that evening, the Lords and Ladies were honored at a cocktail reception and special dinner and hosted by Great American Restaurants, Celebrate Fairfax, Inc., and the Fairfax County Board of Supervisors.

### The Chairman’s Selection: Michael J. Hershman and Shirley Ginwright

Board of Supervisors Chairman Sharon Bulova read the following description of Shirley Ginwright and Michael J. Hershman at the board meeting:

“Ms. Shirley Ginwright is one of the most devoted citizens of Fairfax County. She exemplifies community service in her countless efforts to bring people together and facilitate communal growth. Ms. Ginwright is the president of the Fairfax County NAACP, and served on the Fairfax County Chief of Police’s Diversity Council in 2013. Ms. Ginwright inspired and facilitated the establishment of the Communities of Trust Committee, and serves as the committee’s chairman. In addition, Ms. Ginwright served on the Ad Hoc Police Practices Review Commission, serving as the chair of the Subcommittee to Review Police Practices for Recruitment, Diversity, and Vetting. Ms. Ginwright has done invaluable work to make Fairfax County a leader in community and law enforcement engagement and is very deserving of the title Lady Fairfax.

“Mr. Michael J. Hershman is president and CEO of Fairfax Group, and is an internationally recognized leader on ethics and transparency in business and government. Mr. Hershman’s exten-



PHOTOS BY STEVE HIBBARD/THE CONNECTION  
**Board of Supervisors Chairman Sharon Bulova with her choice for the Lady Fairfax honoree, Shirley Ginwright and the Lord Fairfax honoree, Michael J. Hershman.**

sive resume begins with his career with U.S. military intelligence. He is a cofounder of Transparency International, a nonprofit coalition promoting transparency and accountability in business and government. For 20 years, he gave generously of his time and talents as one of two citizen members of the Board’s Audit Committee. Mr. Hershman’s dedication was on display through his impressive handling of his role as chairman of the Board of Supervisors’ 70-person Ad Hoc Police Practices Review Commission. Mr. Hershman ably steered the commission and subcommittees through six months of discussions that culminated in 142 policy recommendations for the Fairfax County Police Department, many of which have already been implemented. Mr. Hershman is a proud and dedicated leader in our local and global community.”

### Dranesville: Col. William Glenn Yarborough Jr. and Barbara A. Glakas

Dranesville District Supervisor John W. Foust read the following

description of Barbara A. Glakas and Col. William Glenn Yarborough Jr. at the board meeting:

“A lifelong resident of Fairfax County and a retired teacher and coach in the county’s public school system, it is difficult to find an organization to which Ms. Barbara A. Glakas has not lent her talents and expertise. She is a member of Herndon’s Cultivating Community Initiative, which undertakes The Herndon Garden Tour and the Good Neighbor Award. She is a member of the Herndon Historical Society, serving as docent at the Herndon Depot museum, as well as the county’s Barbara Varon Volunteer Award Selection Committee. She also volunteers at ArtSpace Herndon. Ms. Glakas is a member of the Dranesville District Budget Task Force, a former umpire for Youth Optimist baseball and former member of the Fairfax County Athletic Council. She is the recipient of the 2008 Exemplary Citizen Planner Award from the Town of Herndon’s Planning Commission and the Mayor’s Distin-



**Dranesville District Supervisor John W. Foust with his choice for the Lady Fairfax honoree, Barbara Glakas and the Lord Fairfax honoree, Col. William Glenn Yarborough, Jr.**

guished Service Award for Volunteerism in 2011.

“Col. William Glenn Yarborough, Jr. is a consummate volunteer within McLean. He has served for six years as the commander of American Legion Post 270, and is vice commander of the 17th District with 7,100 members. Col. Yarborough organizes the Memorial Day and Veterans Day ceremonies. A former president of the McLean Rotary Club, Col. Yarborough is currently its Foundation chair. He was the Rotarian of the Year in 2013.

“He is president of the Friends of the McLean Community Center and the George Washington Chapter, Association of the United States Army. Along with its 4500 members, Col. Yarborough actively supports wounded warriors and veterans. Col. Yarborough served as the audit and finance chair of the Easter Seals Maryland, D.C. and Northern Virginia chapter and raises funds for many organizations, such as SPARC and the McLean-Falls Church Children’s Center.”

## Police Investigate Shots Fired at Moving Vehicles

Officers were called for two separate reports of shots being fired at vehicles traveling on Old Dominion Drive in McLean — according to FCPD Public Affairs Bureau. The first incident occurred on Saturday, June 11 just before midnight. The victim was traveling north on Old Dominion Drive near the intersection of Falls Run Road. The second occurred just after midnight and again the victim was traveling north on Old Dominion Drive; in this case, near the intersection of Bellview Road. In both instances, as a car traveling southbound on Old Dominion Drive passed the victims' vehicles, a loud bang was heard. When the respective victims arrived home, they noticed what appeared to be bullet holes in their vehicles. There were no injuries in either case. The suspect vehicle was described as a white, longer looking sedan, possibly an Audi.

Anyone with information about this incident is asked to contact Crime Solvers electronically by visiting [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or by calling 1-866-411-8477. Or call Fairfax County Police at 703-691-2131.

### VOLUNTEER OPPORTUNITIES

The Northern Virginia Long Term Care Ombudsman Program needs **volunteer advocates** for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at **703-324-5861**, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at **703-324-7577**, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).  
The **Wakefield Senior Center** in

**Annandale** needs **Front Desk Volunteers** and **Fitness Instructors**. Volunteer instructor positions **could** lead to part-time employment. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Certified Arthritis Exercise, Current Events**, and a **Facilities Attendant** to help with front desk duties and activities as needed. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.



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## Support for Police in Reforms

**Police commission recommendations come to Board of Supervisors for approval, implementation.**

In some ways, the Fairfax County Ad Hoc Police Practices Review Commission, brainchild of Board of Supervisors Chairman Sharon Bulova, was a bit of a miracle.

The 32 voting commission members included at least nine representatives from Fairfax County Police; former Commonwealth's Attorney Robert Horan; current and former law enforcement officers with experience from the FBI, DEA, state police and others; other former county officials; mental health advocates; attorneys; high powered consultants. Ranks of those participating swelled to 80 when others were appointed the five subcommittees.

How could such a large, intense group with so many viewpoints get anything done? It seemed crazy to expect much. But Bulova, apparently, was crazy like a fox. Bulova and commission chair Michael Hershman, expressed unwavering commitment to the process.

The 142 recommendations, the result of democracy in action, provide support and more resources to the FCPD, while providing for transparency and public confidence.

Police, Commonwealth's Attorney Ray Morrogh, county attorneys and others provided answers to questions and consulted on recommendations every step of the way. The commission and subcommittees met for literally hundreds of hours over nine months. Individual members took on in-depth research projects and reported back to subcommittees.

EDITORIAL

Members of the Mental Health subcommittee, chaired by Del. Marcus Simon, traveled to Texas for a first-hand look at an effective Crisis Intervention program. In January, the Community Services Board, Police and Sheriff's Office launched Diversion First, to get people having a mental health crisis who come into contact with law enforcement into treatment instead of jail. If this were the only accomplishment of the police review commission, it would be an achievement.

The Independent Oversight and Investigations subcommittee unanimously recommended formation of an Independent Auditor and a Civilian Review Panel. Independent oversight is a national best practice, and these issues come before the Board of Supervisors next month.

**Key recommendations include Independent Auditor, Civilian Review Panel, commitment to transparency, body cameras, data collection.**

The commission recommends the implementation of body worn cameras, a recommendation that appears to be set for delay. This might be necessary, but if so, the delay should come with a timetable for next steps.

Changing the culture from withholding information to sharing as much as possible, as soon as possible, and responding to Freedom of Information requests with as much information as possible are part of the recommendations of the Communications subcommittee. Police departments in Northern Virginia have invoked a blanket exemption to FOIA requests, which has been part of the erosion of public trust.

The robust collection and reporting of demographics covering all stops, frisks, citations, arrests, and use-of-force incidents by district station and magisterial district is also key to public trust and departmental excellence.

Bulova and the Board of Supervisors formed the commission in the wake of the death of John Geer in August of 2013. Geer, a Springfield resident, was standing unarmed with his hands up in the doorway of his own home when he was shot by Officer Adam Torres. Torres, charged with murder, was the first Fairfax County Police officer in the history of the department to be charged in such a death. Torres entered a guilty plea to involuntary manslaughter, with a likely sentence of 12 months; his sentencing is scheduled for next week.

Public outrage over Geer's death was compounded by obfuscation and silence, the failure to communicate, and a lack of public accountability. The police and county refused to release any information on the case for more than a year, and only then after repeated court orders. This tragedy and its aftermath no doubt had a negative impact on morale in the FCPD. The commission's recommendations acknowledge the excellence of the Fairfax police. It's a credit to the department that Chief Edwin Roessler aspires to make FCPD the best in the nation. It's a high bar, county residents expect no less, and steps in that direction are a positive reflection on every member of the department.

It now falls to Supervisor John Cook, chairman of the Public Safety Committee, to guide these recommendations through for approval by the Board of Supervisors overall. The process is underway, and deserves public attention to the details.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm served as a member of the Fairfax County Ad Hoc Police Practices Review Commission. Read more at [www.fairfaxcounty.gov/policecommission](http://www.fairfaxcounty.gov/policecommission)

## All Dulles Area Muslim Society Condemns Orlando Mass Shooting

The All Dulles Area Muslim Society (ADAMS) condemns the tragic and horrific Orlando mass shooting, and rejects any possible motive for this terrible act, whose perpetrator is still being investigated as a possible hate crime, mentally unbalanced individual, and/or lone wolf terrorist sympathizer. We send our thoughts, prayers, and condolences to the families and loved ones of all those killed or injured.

We appreciate the Orlando Muslim community's response in condemning this attack, and we join in urging the entire Muslim community to take part in a blood donation drive for those injured in the attack.

For us in Virginia, this tragedy brings back horrible memories of April 2007, when Virginia Tech

student Seung-Hui Cho killed 32 people on the Virginia Polytechnic Institute and State University campus in Blacksburg, Virginia. This is also too reminiscent of the equally horrific hate crimes like the attack in South Carolina on an African American Church, attacks in movie theaters and schools and too many more. Such incidents are a too frequent reminder of the number of individuals driven by hate to commit unspeakable acts.

This horrific Orlando attack however should not be used to vilify and stereotype the peaceful and law abiding Muslim community in America. Islam absolutely condemns and forbids terrorism and extremism. The Quran, Islam's revered text, states: "Whoever kills a person, it is as though he has killed all mankind. And whoever

saves a life, it is as though he had saved all mankind."

Islam promotes the sanctity of human life, the dignity of all humans, and a respect for human, civil rights. Islam teaches religious freedom and emphasizes the same universal moral values accepted by the majority of people of all backgrounds. These are the same principles on which the US Constitution was established and the Bill of Rights was approved.

Muslims believe there is "No compulsion in faith" and we reject violence, hatred, and discrimination toward anyone on the basis of race, color, gender, disability, religion, familial status, sexual orientation and national origin.

ADAMS' mission is to provide religious, social, and educational services to enable the Muslim community to fulfill its responsibilities and contribute to the betterment of society [www.adamscenter.org](http://www.adamscenter.org)

**Write** The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
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Call: 703-917-6444.

By e-mail: [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com)



## NEWS

After nearly three hours of debate, the FCPS School Board voted 9-3 in favor of adding sexual orientation and gender identity to the nondiscrimination guide in the student handbook.

PHOTO BY TIM PETERSON/  
THE CONNECTION



# Sexual Orientation and Gender Identity Added to Student Handbook

School Board members debate whether students should be held accountable.

BY TIM PETERSON  
THE CONNECTION

Students in Fairfax County Public Schools started the 2015-2016 school year without the words “sexual orientation” or “gender identity” as part of the nondiscrimination guide within their student handbook.

While the School Board approved adding those two terms to the laundry list of other qualities and characteristics for which no employee or student in the system should be discriminated against or excluded because of, the new language didn’t automatically appear in the handbook, the Students Rights and Responsibilities.

The error was an “oversight,” according to Superintendent Dr. Karen Garza and board chair Pat Hynes.

In order for the handbook to reflect the current policy, which was updated with the additional terms in November 2014 and May 2015, the board needed to amend its action on approving the 2016-2017 student handbook.

What was billed in the agenda as a mere administrative action of aligning the handbook with existing policy became a heated debate at the School Board’s June 9 business meeting.

Opponents of passing the handbook update said the process had been rushed and that the community should have a chance to weigh in on changes that will directly affect how their children may be disciplined.

A private consultant was hired to review current

practices affecting transgender students and compare them with other schools around the country, but the findings and conclusions have yet to be released.

At-large member Jeanette Hough, who was just elected to the board last fall, was critical that the body hasn’t been briefed in a year.

“We don’t have clarity as adults,” Hough said. “How can we ask students to sign something we haven’t discussed?”

Springfield representative Elizabeth Schultz repeatedly emphasized the board had not discussed gender identity formally since last year’s policy change.

“Why haven’t we talked about it in 399 days?” Schultz asked.

Sully representative and another recently elected member Tom Wilson also cited the lack of discussion as a reason for his multiple amendments in favor of postponing a vote on approving the student handbook.

“We haven’t had those conversations, those discussions,” he said. “We need to do better.”

Mount Vernon representative Karen Corbett Sanders admitted members “all agree we got here through a very messy process.”

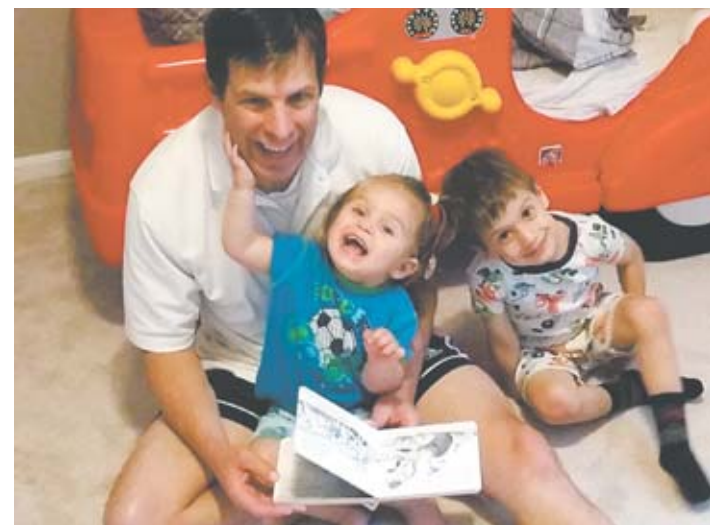
Though Hynes reminded that the Students Rights and Responsibilities is not “an implementation plan of policy.”

“It’s not a question of whether that policy is clear,” Hynes said. The current handbook should, she continued, reflect “existing language of our policy at this point.”

After nearly three hours of debate, the board voted 9-3 in favor of At-Large member Ryan McElveen’s amendment to update and align the language in the student handbook. Hough, Schultz and Wilson were the “no” votes.

Video from the June 9 meeting is available online at [www.youtube.com/watch?v=jMS21yVGqY&feature=youtu.be](http://www.youtube.com/watch?v=jMS21yVGqY&feature=youtu.be).

## FATHER'S DAY PHOTO GALLERY



Reading books with Dad: Sara Johnson of McLean sent us this photo of Doug Johnson with children Julia and RJ.



In this picture, taken in January 2016, Gabriella is playing dress up as a chef, since she loves pretending to do what daddy David Levin does!



Clare Plaisted, of Vienna, and her dad, Tony Plaisted, on a cherry blossom cruise on the Potomac this year.

## BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). The deadline for submissions is at noon on the Friday prior to publication.

### WEDNESDAY/JUNE 15

**Senior Safety Program.** 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. Topics we will discuss include: “Text to 9-1-1.... Call if you can – Text if you can’t,” “Next Generation 9-1-1.... what this will mean to you,” “Hazardous Materials Community Right-to-Know Act (EPCRA) in Fairfax County,” “Zika Preparedness,” “Is 72 hours enough?” (Disaster Preparedness), “Project Lifesaver” (Keeping At-Risk Citizens Safe), “A Brief Examination of Financial Exploitation of Older Adults.” <http://www.fairfaxcounty.gov/dfs/olderadultservices/>.

### THURSDAY/JUNE 16

**Vienna Metro Station Bicycle Access Study Meeting.** 6:30 p.m. Oakton High School, 2900 Sutton Road, Vienna. The meeting will focus on proposed concepts from the Bicycle Access Study, and gather community feedback toward selecting preferred alternatives in the area between Nutley Street, Sutton Road, and Virginia Center Boulevard/County Creek Road. For more information on the project, area map or to submit comments online, visit <http://www.fairfaxcounty.gov/fcdot/bike/viennametrobikestudy.htm>.

## ONGOING

### SCOV Caregivers Support Group

meets twice a month, on the first and third Thursdays, as coming up from 10 am to noon. All caregivers are welcome to join anytime. Location: Unitarian Universalist Congregation of Fairfax (UUCF), 2709 Hunter Mill Road, Program Building, Oakton. The group includes those presently and previously caring for a loved one of any age or circumstance. For more info, please contact the facilitator, Jack Tarr at 703-821-6838.

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)

and click on Volunteer Solutions. **Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov). The **Lewinsville Senior Center** in McLean needs instructors for the following classes: Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions. The **Shepherd’s Center of Oakton-**

**Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit [www.scov.org](http://www.scov.org) or contact the Volunteer Coordinator at 703-281-5086 or email [volunteer@scov.org](mailto:volunteer@scov.org). **Food Addicts in Recovery.** Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300

# The Gap Year Trend

The pros and cons of taking a break in academic studies before college.

BY MARILYN CAMPBELL  
THE CONNECTION

Reappelling down an 80-foot waterfall, the ground appearing miles away, zip lining through thickets of dense, steamy rainforest, treating wounded travelers in the wilderness and engaging in other limit-pushing adventures — that's how three local young adults spent their time after graduating from high school.

"Scuba was definitely my favorite part of the course because of a strong reinforcement that I would enjoy working as a scuba instructor one day," said A.J. Galindo of Alexandria. His adventure was part of Outward Bound's Costa Rica program.

Galindo took what is known as a "gap year," which means taking an academic break for a year or a semester before beginning college. Gap year programs offer students an opportunity for "personal growth in ... leadership, self-awareness [and] ... character development," said Soizic Hagege, spokeswoman for Outward Bound Costa Rica.

After completing his Outward Bound program, Galindo enrolled in Thompson Rivers University in British Columbia, Canada.

The American Gap Association (AGA), an organization that accredits and sets standards for gap year programs, reports that taking a gap year has become an increasingly popular choice for American students. The association has seen renewed interest since Malia Obama's recent decision to take a year off before beginning her studies at Harvard University.

A RECENT AGA STUDY showed that students who took a gap year over performed academically in college. The organization released the results from a survey of its 2015 alumni. More than 90 percent of the alumni surveyed credited their gap year with increasing their self-confidence and maturity as well as offering time for personal reflection.

Uncertainty about future plans is one of the reasons students decide to take time off between high school and college. "Some don't know yet what they want to study, or want to take the opportunity to travel or work to get experience in the real world," said Francesca Reed, associate vice president for Enrollment Management and director of Graduate Enrollment Services at Marymount University. "A gap year ... can be a great opportunity for a person to mature and discover their interests before pursuing a college degree."



PHOTO COURTESY OF OUTWARD BOUND

A.J. Galindo of Alexandria, Benjamin Waters of Fairfax and Kirby Nassetta of Arlington participated in Outward Bound Costa Rica's Gap Year program.

Experiences gained during a year away from school can offer clarity, says Jim McClellan, PhD, dean of Liberal Arts at Northern Virginia Community College in Alexandria. "Few students know what they want from life or what will be their life's work when they first enroll in college," he said. "Few finish college in the same major where they began. Sometimes a year of reflection can help a student focus. A year abroad or in some environment beyond their previous experience can offer new perspectives. Working at a 7/11 convinced me I needed to continue college."

"Sometimes a year of reflection can help a student focus."

— Jim McClellan, Ph.D., Northern Virginia Community College

While the AGA reports that 90 percent of students are actively enrolled in a four-year institution of higher learning within one year of completing a gap year, the organization acknowledges that this option is not for everyone. The decision to delay college comes with a caveat that students may lose the academic momentum they gained through high school.

"There is a set of skills that a student learns moving through each grade level. Like playing tennis or any other sport, the more practice, the better the performance," said McClellan. "Laying out for a year leads to skills atrophy. [For some students] it is better to continue on while in top form than to try to rebuild lost skills and regain good study habits."

Even for students who feel certain that they want to take a gap year, Reed advises completing the college application process if obtaining a college degree is future goal. "It is easier while they are still in school

to gather letters of recommendation and use the resources of guidance departments when applying for college," she said. "It will also keep them focused with a future plan. If the student decides to go abroad or work full-time, it may be difficult to request a letter of recommendation while they are busy overseas or with work. Once accepted into college, they can defer their admission a semester or a year."

Boosted by a belief in the benefits of a gap year experience, a growing number of colleges and universities are supporting students who want to take time off between high school and college. "Most colleges are accommodating and will move their start date to the following year," said Reed. "Colleges and universities like to see students with a plan and a degree of motivation before entering college, and the gap year may be the perfect opportunity to do just that."

RESEARCHING OPPORTUNITIES, thinking about goals and having a plan in place about how the time will be spent are critical components of a successful gap year. "They shouldn't wait until they graduate to start planning," said Reed. "Do you want to travel abroad? Learn a new language or improve your foreign language skills? Volunteer either at home or abroad? Explore career interests? It's important to have something meaningful in mind. There are many programs available for students that are considering a gap year."

McClellan suggests an alternate option for students and parents who are concerned that a gap year could slow a student's academic progress. "Spending the junior year abroad is a better idea since no academic momentum is lost and the experience of living and studying abroad is of incalculable value," he said. "Plus, with two years of college completed and added maturity, the junior year abroad is more meaningful than a gap year."

Education • Learning • Fun

## Considering Private School?

Small steps this summer can minimize stress of application process.

BY MARILYN CAMPBELL  
THE CONNECTION

The school year has just come to an end ... which means it's the ideal time to prepare to apply to leading independent schools.

A supply versus demand imbalance for a coveted spot at one of the local, top-tier private schools makes advanced planning a critical part of the process. Local admissions directors offer suggestions on what can be done during the laid-back days of summer before the demanding fall application process begins.

"Do your research over the summer," said Mimi Mulligan, assistant head of school and director of admission and enrollment management at Norwood School in Bethesda, Md. "Spend time educating yourself on the wide variety of independent school options in the area."

Perusing school websites and becoming familiar with a school's mission and philosophy toward education can help narrow down choices. Reading social media postings can give parents a sense of a school's culture and community.

Have a family conversation about the type of school that would best serve your child, advises Mulligan, who warns that a school's perceived prestige or reputation as a "top school" doesn't necessarily translate into a good match.

"Be realistic about your child's strengths, weaknesses, and learning style, then create a list of schools that you feel would be a good fit for your child and your family," she said. "This list should be based on your child's needs, not the name recognition of the school. By the time September is here, you will be ready to contact schools for their admission materials and to schedule a visit."

Talking to parents and students at prospective schools is one way families can get a sense of a school's environment. "Create a chart to compare [factors such as]: How the students treat each other. What is the teacher-student relationship like? How does the school care about each individual student and other things that are important to you?" said Terri Collins of Oak Crest School in McLean. "Ask to speak with two current parents to get their perspective of what they see as the strengths and weaknesses of the school."

"I think one of the things would be to identify the type of school: a boarding school or a day school," said Scott Conklin, director of admissions at Episcopal High School in Alexandria. "Once you've come up with a list of schools, visit some of them. Most are probably open during the summer. Walk around campus and meet the admis-



Middle School Science teacher Debbie Pakaluk works with eighth-grade students in the chemistry lab at Norwood School.

PHOTO COURTESY OF NORWOOD SCHOOL

sions directors." "Once families have narrowed down the list, they can send for information and begin to map out their fall visits," said Clare Dame, director of enrollment management at Randolph-Macon Academy. "Plan to visit no more than two schools in one day so that they have time to fully investigate each one and will have the time to assimilate the information."

Garnering logistical information is important in planning an application strategy for the fall. "What are the processes? What are the dates? When are the Open Houses?" asks Richard S. Moss, director of admission at the

Heights School in Potomac, Md. However, Moss underscores the importance of creating a balance between advance planning and enjoying a summer respite, and questions the wisdom of focusing too much energy on an academic year that is more than 12 months away.

"Most importantly, families should ... have a good, restful, and productive summer," said Moss. "It is easy to think about the long-term goal of admission while sacrificing the immediately important goal of having a truly great break. ... Though it is good, as a parent, to be generally aware of the process so that in September you can hit the ground running."



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# Cappies Gala Honors High School Theater

**T**he 17th Annual Cappies Gala honoring high school theater was held Sunday, June 12 at The Kennedy Center. Winning the top prizes for the Best Musical was Woodrow Wilson High School in the District for “Hair;” and winning Best Play was Duke Ellington School of the Arts in the District for “The Story.” This year’s Masters of Ceremony were Judy Bowns, Janie Strauss and Ed Monk, who is retiring from Chantilly High School this year.

This year’s show included 57 public and private high schools in Fairfax County, Arlington, Fauquier, Loudoun, Montgomery, and Prince William counties, and the cities of Falls Church, Alexandria, and Washington, D.C. The Cappies season extended from late October to early May.

The Cappies program was launched in the summer of 1999 by Judy Bowns, the Theatre Arts resource teacher with FCPS, and the late Bill Strauss (director, Capitol Steps), in cooperation with area theater teachers, for the purpose of celebrating and bringing public acclaim to high school theater.

— STEVE HIBBARD



**The Critics Team Award went to McLean High School. From left are Laras Kettner, Emily Swett, Emily Lachow, Jack Posey, Gillian Wright, Jess Scarano, Julia Luigs, and Syona Ayyankeril.**

PHOTOS BY STEVE HIBBARD/THE CONNECTION



**The Bill Strauss Graduating Critic went to Gillian Wright of McLean High School.**



**The Male Dancer Award went to Cuinn Casey, “Chicago,” Langley High School.**



**The Lead Actress in a Musical Award went to Jamie Goodson, “Chicago,” Langley High School.**



**The Andy May’s Rising Critic Award went to Maggie Klein of Oakton High School.**



**The Comic Actress in a Musical Award went to Isatu Fofanah, “Legally Blonde,” Herndon High School.**



**The Returning Critic Award went to Lydia Gompper of George Mason High School in Falls Church City.**

Send announcements to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week’s paper. Photos/artwork encouraged.

## ONGOING

**“Footloose.”** Fridays and Saturday, 8 p.m. Sunday 2 p.m. July 8-24. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Based on the movie of the same name. [McLeanPlayers.org](http://McLeanPlayers.org). 866-811-4111.

**“Floyd Collins.”** Fridays, 8 p.m. Saturdays, 2 p.m. and 8 p.m. Sundays 2 p.m. and 7 p.m. Through June 26. 1st Stage Theater, 1524 Spring Hill Road, McLean. Man chases his dreams but finds only short-lived celebrity. \$35/\$32. [www.1ststageproductions.com](http://www.1ststageproductions.com).

**McLean Farmers Market.** 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced products. [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**Krop’s Crops Flea Market.** 9 a.m.-3 p.m. Second and fourth Saturdays from May to August. 11110 Georgetown Pike, Great Falls. Shop for vintage, antique and used items. Or sell your treasures. [kropsfleamarket@gmail.com](mailto:kropsfleamarket@gmail.com).

**Weekly Storytime.** Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

**Tai Chi Beginners’ Practice.** Saturdays, 8-9 a.m. St. Luke’s Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. [FreeTaiChi.org](http://FreeTaiChi.org). 703-759-9141.

## THURSDAY/JUNE 16

**Opening Exhibition Reception.** 7-9 p.m. McLean Project for Arts, 1234 Ingleside Ave., McLean. Join in viewing the newest exhibits, meet the artists, and enjoy food and drink provided by J. Gilberts Wood-Fired Steaks and Seafood and The Vineyard. [trips@mpaart.org](mailto:trips@mpaart.org). 703-790-1953.

## SATURDAY/JUNE 18

**Musical Performance, Storytime and Book Signing.** Barnes and Noble Tysons Corner Center, 7851 L Tysons Corner Center, McLean. With Grammy Award-winning Okee Dokee Brothers. 703-506-2937.

**“The Magic of Bill Blagg Live.”** 8 p.m. The Alden, 1234 Ingleside Ave., McLean. Critics and audiences alike rave about Bill Blagg’s incredible, high-energy, grand-scale magic and illusion. \$20/\$15. [mcleancenter.org](http://mcleancenter.org).

**AAUW Used Book Collection.** 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave. E, Vienna. CDs, DVDs, software, children’s books, records, and recent textbooks, all in good condition. Proceeds benefit scholarships for women. [aauwbookfair@gmail.com](mailto:aauwbookfair@gmail.com). 703-527-4206.

**Birds, Butterflies, and Blossoms Wagon Ride.** 10-11 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Take a wagon ride through the meadow. 2 years or older. \$6/\$8. 703-759-9018. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

## SUNDAY/JUNE 19

**Show/Tag Sale.** 10 a.m.-8 p.m. The Great Falls School of Art, 756 Walker Road, Suite C, Great Falls. Show of paintings by artist Michela Mansuino. Silent auction. Free. 571-263-7696.

**Tender Polman.** 6-8 p.m. Great Falls Village Centre Green, Great Falls. You’ve heard this upbeat, patriotic powerhouse at The Old Brogue. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

## MONDAY-FRIDAY/JUNE 20-24

**Primitive Beginnings.** 9 a.m.-3 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Children will learn nature awareness, free play, archery, learning to build friction fires and more. Focus will be on skill building and outdoor play. Bring lunch. 6-9 years old. \$285/\$300. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

**Junior Potomac Adventure Camp.** 9 a.m.-3 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Campers enjoy rock climbing, canoeing, tubing and hiking. Bring lunch. 8-12

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[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# CALENDAR

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years old. \$399/\$414. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

## WEDNESDAY/JUNE 22

**Pirate School.** 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Set sail on a swashbuckling adventure with Pirate Billy Bones as he teaches zany lessons on how to stand, talk, laugh, and eat like a boisterous buccaneer. 4 and up. \$10. [wolftrap.org/woods](http://wolftrap.org/woods).

## THURSDAY/JUNE 23

**Up in Arms.** 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Meet Melvin the Monster and Red the Rat as they set off on a quest to earn their license to scream. Ages 4-9. \$10. [wolftrap.org/woods](http://wolftrap.org/woods).

## THURSDAY-SUNDAY/JUNE 23-26

**Riverdance.** Thursday and Friday 8 p.m., Saturday and Sunday 2 p.m. and 8 p.m. Wolf Trap's Filene Center, 1551 Trap Road, Vienna. Come see Irish traditions meet present day in Riverdance's dance, music, and song. \$20-\$75. 703-255-1900. [wolftrap.org](http://wolftrap.org).

## SATURDAY-SUNDAY/JUNE 25-26

**Women's Soccer Association Tournament.** Oakton High School, 2900 Sutton Road, Vienna. Tournament to celebrate Fairfax Women's Soccer Association 40th anniversary this year. \$25 individuals. \$400 teams. [fwsasoccer.org](http://fwsasoccer.org).

**Vienna Wireless Society National Field Day.** 2 p.m. Burke Lake Park,



PHOTOS BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

**From left — Evan Casey (as Floyd Collins) and John Sygar (Homer Collins) in "Floyd Collins" at 1st Stage in Tysons Corner until June 26.**

7315 Ox Road, Fairfax Station. Local amateur radio operators ("hams") will join thousands nationwide to show off their amateur-radio and emergency-communications capabilities. [viennawireless.net/](http://viennawireless.net/) or go to <http://www.arrl.org/newham>.

## SUNDAY/JUNE 26

**Scott Kurt and Memphis** 59. 6-8 p.m. Great Falls Village Centre Green, Great Falls. Tom Petty meets Rascal Flatts – rockin' guitar! [celebrategreatfalls.org/concerts-on-the-green/](http://celebrategreatfalls.org/concerts-on-the-green/).

## TUESDAY/JUNE 28

**SOLE Defined.** 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. With a fusion of tap dance, sand dance, and body percussion, these spirited performers

create a free flowing conversation through music and movement. Ages 4 and up. \$8. [wolftrap.org/woods](http://wolftrap.org/woods).

## WEDNESDAY/JUNE 29

**123 Andres.** 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Bailar, or dance along, with 123 Andrés as he takes you on a melodic journey to the Latin music world. Ages 2-7. \$8. [wolftrap.org/woods](http://wolftrap.org/woods).

## THURSDAY/JUNE 30

**Furia Flamenca Dance Company.** 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Experience the thrill and elegance of flamenco! Combining fiery percussive footwork and passionate music. \$8. Ages 5 and up. [wolftrap.org/woods](http://wolftrap.org/woods).

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Rebecca Winicour and the Marshall girls' lacrosse team finished 5A state runner-up.



Marshall's Morgan Booth is defended by a pair of Potomac Falls players during the 5A state championship game on Saturday at Lake Braddock.

## Marshall Girls' Lax Falls Short of State Championship

### Statesmen lose to Potomac Falls in 5A state final.

BY AARON LUNDMARK  
THE CONNECTION

In her first year as head coach of the Marshall girls' lacrosse team, Valerie Gibbons was looking to bring home the first state championship in school history in their first ever state final appearance.

The Statesmen fell short on Saturday morning against the Potomac Falls Panthers, 19-7 at Lake Braddock Secondary School.

Despite the score, Marshall was able to keep it competitive, as it made several runs in the second half to build momentum, but it wasn't enough in the end.

"The one thing I asked my team before the game is that they gave 110 percent,"

said Gibbons. "Going to a state championship is something every single one of them is going to remember for the rest of their lives, so the only thing they'd regret is not giving it their all, but I wasn't worried about the score because that was all I asked of them."

Early on it was tough for the Statesmen to sustain pressure as Potomac Falls rattled off a 5-0 run to start the game. During that span, Marshall had many shots, but all were turned away by Potomac Falls goalkeeper Jennelle Cimbura, who put on an incredible performance.

Marshall would get on the board with a free position goal by Hannah Smith to cut the Potomac Falls lead to 5-1. The Panthers would get two more before Statesmen midfielder Amanda Tooke was able to find the back of the net to make it 7-2.

"I think we all really wanted to win this game," said senior Morgan Booth. "It's been surreal to make it this far to states, and to stay motivated we wanted win really bad, but I still think we played an amazing

game."

Marshall would get more chances in the first half, but Cimbura was up to the task as she continued to stop shots. Potomac Falls added three more goals before halftime to make it 10-2 in favor of the Panthers at the break.

The second half turned into a different story as Marshall was able to put together some runs. After Potomac Falls opened with three early goals, the Statesmen fired back with two goals by Lauren Deaver, giving them a little bit of momentum.

"At halftime we talked a little bit about how the game wasn't over and if there was anyone that thought that they were in the wrong place," said Gibbons. "In the last timeout I took, I told the girls to make the most of the time we had left because it was still a state championship and they should cherish every second they had on the field."

It seemed like Booth was going to make it a third straight goal for Marshall, but another stop by Cimbura left the senior frustrated as it was tough to score on her all

day.

Potomac Falls would rattle off three more goals before Marshall made another run with three goals of its own. Setota Tesfu scored two during that run, and Rebecca Winicour added another to make it 16-7.

One thing that never wavered throughout was the overwhelming support given by the fans and parents of Marshall.

"This year and this season has brought our team so close," said Gibbons. "Our team, our parents, it's a closely-knit group and it's really neat to see that."

Potomac Falls added three more goals at the end to make a final score of 19-7.

Marshall ended its season with a 16-4 record in Gibbons' first season as head coach. The Statesmen graduate seven seniors from this year's class, so they have a nice group coming back next season to make another run.

"I think it's been a great season," said Booth. "I couldn't be happier about the way my senior year played out."

### Great Falls Girls Complete Undefeated Season

Great Falls girls Grade 7/8 girls AAA/Orange lacrosse team defeated Dulles South in The NVYLL championship game on Saturday, June 4, after an undefeated season. They played in the orange Triple AAA division so this makes them the best seven and eight grade team in the Northern Virginia area.

This is also the first time in history of GFLA that Great Falls A-team has won the title championship in this bracket. The team's roster included: Head Coach Jeff Grimson, Assistant Coaches: Jacquie Henry, Mary Smith and Gene Canfield; players — Lucy Jane Magruder, Hope Heiden, Sophie Smith, Brooke Van Beuren, Charlotte Henry, Lauren Treacy, Julianna Grimson, Sydney Southworth, Morgan Pence, Haley Smith, Nicole Moran, Jennifer Canfield, Cristina de Kanter, Mary Margaret O'Connor, Hayley Blankingship, Emma Norris, Caroline Bean, Jessica Broyles, Courtney Kuligowski, Victoria Kim, Annie O'Hara, Kyle Rymysza.





PHOTOS BY LAURA SHERIDAN/WOMAN'S CLUB

Ten student safety patrol members from the five McLean elementary schools received awards from the McLean Woman's Club.



Fairfax County School Resource Officer Tom Harrington was a sponsor of the safety awards program.

## Young Musicians and Safety Patrols Get Awards

Woman's Club honors middle- and elementary-school students.

The musicianship of four students at Cooper and Longfellow Middle schools, in McLean, was recognized by the Woman's Club of McLean at a ceremony on Tuesday, May 6, where the students also performed on their instruments. Tracy McConnaughay, of Cooper Middle School, played "In the Hall of the Mountain King," by Edvard Grieg, on the euphonium. Min Lee, also of Cooper Middle School, played "Concerto No. 3," k. 216, by Wolfgang Amadeus Mozart, on the violin, accompanied by Myunghee Lee. Ji In Park, of Longfellow Middle School, performed the "Concerto in G," 1st Movement, by Carl Stamitz, on the flute, accompanied by Hee Ra Son. Finally, Nadia Jo, also of Longfellow, performed the "Concerto in A Minor," 1st Movement, by Camille Saint-Saens, on the cello, accompanied by Jade Sohn. The four students each received an award of \$100 from the Woman's Club.



Hanna Yo playing the viola.



Jane Lee playing the flute.

tary. The students received trophies engraved with their names and those of their schools, and each school received an award of \$80 for safety program equipment.



Beth Johnston playing the trumpet.



Alyssa Kim playing the violin.

The students' parents and the school principals, music directors and patrol sponsors attended the ceremony, as did Officer Thomas W. Harrington, school resource officer of the Fairfax County Police Department. The award ceremony is an annual event of the Woman's Club of McLean.

—LAURA SHERIDAN



PHOTO CONTRIBUTED

Oksana Vickers, freshman at Langley High School, received the AAUW McLean Area Branch STEM Excellence Award from Peggy Stotz, member of the Branch's Local Awards Committee at the Annual Dinner on May 25.

## Langley High Freshmen Receive STEM Excellence Award

Oksana Vickers and Mandy Smith, both freshmen at Langley High School, have been selected as the 2016 recipients of American Association of University Women (AAUW) McLean Area Branch's STEM Excellence Award.

The STEM (Science, Technology, Engineering, and Math) Excellence Award is given to a female student or team from a high school in the McLean area with an outstanding science fair project in the field of Engineering. This year's award recognized the work done by Oksana and Mandy on the project, "The Effect of Desalination Method on Overall Efficiency."

Each student receives an award certificate, half of a \$100 award, and recognition at a Branch event. The awards were announced at the Branch's Annual Dinner on May 25 at Riverbend Country Club.

The students' project was motivated by a critical lack of drinkable water worldwide. The purpose of their experi-

ment was to find the most efficient method of desalination in terms of time, reduction in salinity, and water loss.

Oksana first became interested in desalination of water through her participation in Langley High School's Model United Nations club and then pursued learning about the science required for its implementation. She has won awards at the Ivy League Model UN Conference, as well as regional and state science fairs.

Mandy has an interest in both environmental science and engineering and chose this project because it combined her interests and could help others at the same time. She has also won awards at Langley High School's science fair and the Fairfax County regional science fair.

For more information on the American Association of University Women and the McLean Area Branch, visit the AAUW McLean Area website at <http://mclean-va.aauw.net>.

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**ABC LICENSE**  
Pork, Inc. trading as Earl's Sandwiches, 2605 Wilson Boulevard, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises license to sell or manufacture alcoholic beverages. John B. Snedden, owner  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspapers legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200

**ABC LICENSE**  
Quinns 1776 LLC trading as Quinns, 1776 Wilson Blvd. Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Reese Gardner Managing Member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

### 21 Announcements

**ABC NOTICE**  
Caribou Hunter, LLC trading as Matchbox American Kitchen & Spirits, 1100 S. Hayes St. Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Ted Neal, II Chief Executive Officer  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

**ABC NOTICE**  
Passion Food Ten, LLC trading as TenPenh Tysons, 7900 Westpark Dr, Tysons Corner, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage license to sell or manufacture alcoholic beverages. David Wizenberg, Member  
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### 21 Announcements

**ABC NOTICE**  
Highgate Hotels, L.P trading as Westin Arlington Gateway, 801 N. Glebe Rd., Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises and Mixed Beverage Restaurant (Seating Capacity over 150 seats) license to sell or manufacture alcoholic beverages. Rickey D. Whitworth, Vice President  
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## Control And/Or Lack Thereof



By KENNETH B. LOURIE

If being diagnosed with a "terminal" form of lung cancer makes you feel anything, it is loss of control; along with all the anxieties associated with feeling powerless. As I may have written previously, "terminal" is all it's cracked up to be. That prognosis hangs over your head, almost physically – or so it seems, but most assuredly: emotionally and spiritually. The trick is; there is no trick. Compartmentalizing, deluding, pretending, denying, hoping, praying, laughing and crying are but a few of the methods I've employed over these past seven-plus years in an attempt to overcome that original "13 month to two year" prognosis. Being open to diet and lifestyle changes and non-Western alternatives, and maintaining a positive attitude and a self-effacing sense of humor have likewise contributed – or so I've been told, to my above-average years of survival.

I wouldn't characterize these last seven years, however, as my friend Sean has joked, as "being on the clock," but cancer patients are usually on something. And the "something" we're most typically on is, a schedule. For me: 24/7 urine collection on Tuesday, pre-chemotherapy lab work on Wednesday (two days prior to Friday infusion), pre-infusion medication taken at home beginning Thursday and continuing through Saturday, Friday infusion, post-chemo weak for the next seven to 10 days; repeat every four weeks; quarterly C.A.T. scans followed by a quarterly face-to-face appointment with my oncologist to discuss the scan/results, P.E.T. scans every six months, M.R.I. of the brain once a year; plus my daily regimen of pills, supplements, apple cider vinegar, alkaline water, wheat grass, among other miscellaneous presumptive anti-cancer options.

Given this chronology of treatment and routine/maintenance, it's extremely difficult (let me amend that: I'll say challenging instead) to plan, schedule, coordinate, arrange and commit to social activities, especially those involving travel away from home. Because, at least for me, the cancer stuff comes first and is foremost – as does my daily routine – so anything that upsets that figurative apple cart is yet another complication/blip on my radar that initially serves no particular purpose other than reinforcing some of the less obvious problems/negatives of living life as a cancer patient undergoing treatment.

Perhaps understanding this lack of control/fairly rigid set of circumstances – as well as my recurring attempts at extending my life as long as possible – my oncologist, to his credit, has regularly given me opportunities to stop, start, change, etc. my treatment/schedule in order to enhance the quality of my life and give me back some control. Rarely have I taken advantage, however. As much as I respect and appreciate his opinion, it has always been difficult for me to find that balance. The logistics of juggling my mandated routine along with my personal routine – and dealing with the subsequent fears of not doing/maintaining either, given the fact that I've survived so long adhering to them, is a hurdle I've been unable to overcome.

I've often heard it said that laughter is the best medicine. I wonder though, as it pertains to cancer patients like myself, currently still on treatment, if breaking/braking routine – and saying the heck with it, for awhile anyway, is not the pause that refreshes? As much as I like to laugh, I'd like to live a little, too.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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